

## Pre-Treatment Instructions for Cosmetic Injectables

### For BOTOX® Cosmetic, XEOMIN®, and dermal fillers:

- Approximately 7-10 days before the procedure, avoid non-steroidal anti-inflammatory drugs such as Ibuprofen, Advil®, Motrin®, Nuprin®, Aleve®, Celebrex®, Fish oil, Ginko Biloba, St. John's wort, and high doses of vitamin E, as these may cause increased risk of bleeding and bruising at the treated site(s). Regular multi-vitamins and Tylenol® are permitted (if not contraindicated).
- Avoid alcoholic beverages for 24 hours prior to procedure as this can increase the risk for bleeding and bruising at the treated site(s).
- Avoid waxing, bleaching, tweezing, or the use of hair removal creams in the area(s) to be treated.
- Since sunburned skin is difficult to treat, avoid exposure to the sun.
- Eat a small meal or a snack before your appointment. This will decrease the chances of lightheadedness during your treatment.
- Always inform your doctor of all medications and supplements you are taking, as well as your medical history.
- Reschedule your appointment at least 24 hours in advance if you have a rash, cold sore, or blemish on the area.
- If you have a history of cold sores, please let your provider know. They may put you on an anti-viral medication prior to treatment.
- Come to your appointment with a clean face. Please do not use makeup or moisturizers on the day of your visit.

### Additional instructions for dermal fillers:

- Avoid dental procedures (including cleanings) 2 weeks pre-filler and 2 weeks post-filler.
- Bruising and swelling will be worse for the first 24-48 hours after you receive your dermal filler injections. Refrain from exercising for the remainder of the day following your injection(s). You may want to refrain from going to any special events during this time.
- If you are taking prescription blood thinners such as Coumadin®, aspirin, or Plavix®, you should check with the prescribing doctor to see if you are able to stop these medicines for 7-10 days before your appointment and at least 2 days after the procedure has been done.
- You may take Tylenol® (if not contraindicated) one hour before your appointment to prevent any discomfort you may experience.